

MYTH OR FACT - ACTIVITY ANSWERS

1. **M If you don't cry, it means you aren't sorry about the loss** – Crying is a normal response to sadness. Those who don't may simply have other ways of showing their pain.
2. **M Moving on with your life means you're forgetting the one you lost.** - Accepting one's loss is not the same as forgetting. You can create a new life and still keep memories of the one you lost as part of you.
3. **M You can only grieve a death.** - The grief response to any loss, depends on the significance of what was lost in that individual's life.
4. **M Women grieve more deeply than men.** - Women generally express grief by talking about it and seeking support. Men generally express grief by problem- solving and taking on new roles and responsibilities. Both experience grief and need reassurance.
5. **F There is no right or wrong time frame for grieving.** - Fact
6. **M If you ignore the pain, it will go away faster** - Trying to ignore your pain or keep it from surfacing will only make it worse in the long run. For real healing, grief has to be faced and actively dealt with.
7. **M Grief counseling is harmful** – Grief counseling may not be necessary for most people. if you feel the need for additional guidance and support, it can be very helpful.

